

Thanks to our funders and volunteers



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Ray Price

1946 - 2014

Ray sadly passed away in March

He was a valued client of our foundation

Ray will be sadly missed by all

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Integrated Neurological
Rehabilitation Foundation

Newsletter
April 2014

Kia Ora, Nee ho ma, Greetings

My name is Lance Lee, I am of Maori, Chinese and Scottish heritage. In terms of my Maori heritage, I'm of Tainui and Ngapuhi descent.

On November 17th 2003 I was ripped from my reality and thrown into an unknown world; I was paralysed down my left side due to a CVA or Stroke. The initial affects were unable to stand, let alone walk, no movement in left arm; I had slurred and mumbled speech, memory loss, low concentration levels, depression and fatigue.

Eighteen months later I attended Conductive Education.

The positive and empowering team of dedicated people at Integrated Neurological Rehabilitation Foundation have not only given me back the ability of physical movement but have helped me with depression, confidence and pride in my self determination. My destiny now follows an alternative pathway, one of which motivates and excites me.

The inspiring team and clients of Integrated Neurological Rehabilitation Foundation give me hope, love and laughter all of which are inherently necessary for any human being. I hold onto a Maori proverb "Ahakoa he iti he pounamu – However small it's precious", because climbing my Mt Everest has not been easy, but I believe this journey has made me more patient, tolerant, non judgemental, and a less materialistic, and spiritual human being.

I thank the team and clients of iNRF for embracing my uniqueness. A simple thank you sometimes is insufficient. Because of iNRF I am once again an independent young man who drives himself wherever he wants.

Recently I was asked to speak at iNRF's open day. As a stroke survivor I rarely get to share my story and how my life has evolved, grown strengthened after stroke, so to be asked to speak publicly at the open day, was for me a true honour and privilege, it was also emotionally and spiritually up-lifting, 10 years on and my journey still brings a tear to my eye, so thank you once again Inna and the team at iNRF, for all your encouragement, enthusiasm, energy and laughter, I am a living representation of the mission statement of iNRF.

To the organising team of the open day at iNRF, thank you, thank you, thank you and congratulations on a successful open day, it was encouraging and empowering being involved in the day's proceedings.

I would encourage, support any of the amazing survivors to share their experience's kiaora-ra arohatinonui

Lance



Acting Chairman's Report

WHAT AN EXCITING QUARTER

This has been an exciting and extremely busy quarter with client numbers reaching close to 100, a new general manager appointed, March Open Day and Lisa's training session of Invercargill based conductors. We feel we are moving ahead on all fronts and gaining significant traction. We remain focused on our two key objectives for this year of funding and increasing client numbers.

THE CHAIRMAN

Greg Bateman has been absent for a number of weeks due to a quick visit to the hospital. Greg has weathered this challenge and is now home recuperating, kicking to be back at the helm. If all goes well we will send Greg off to the NZFCE conference in May to begin discussions with the Christchurch ACET re extending our services. We wish Greg all the best in his recovery and look forward to his return in May.

TRUSTEE RESIGNATION

It is with reluctance that the board accepted Franz Schwanner's resignation. Franz felt he could not put time into the trust going forward whilst growing his business. We wish Franz all the best with his business endeavours after his long term tenure with the iNRF.

NEW APPOINTEES

The board is pleased to welcome Karen Vesey to the board. Karen has a very strong background in nurse management and significant knowledge regarding the WDHB where Karen has been working in various management capacities for the past 20 years. We see this as an important key strength with respect to our growth in new clients and conductors.

We are pleased that Carolyn Hegh has accepted the position of General Manager. Carolyn has just returned to Auckland after living in London for 14 years with her husband and two children. She has been working in the voluntary sector as an operations manager in the learning disability sector managing a variety of services. She brings a raft of skill sets which we are confident will assist the trust to meet its strategic goals and I would love you to introduce yourself to Carolyn and make her feel welcome as she settles into this new role.

Sausage Sizzle — Fundraiser at Mitre 10

In November 2013 we approached Mitre10 New Lynn and booked use of their fundraising BBQ. On Saturday 8th of March Lucille and I along with my sister from Papua New Guinea rocked up to start cooking. We were joined by Lance, Bella and Christina.

We burned a few sausages and lots of onions but still managed to sell plenty of sausages. We were joined on the day by Edward and later by Kumiko and Lisa.

We made \$350 on the day and the money will go towards equipment for clients.

Thank you to Mitre10 and to all our helpers.

We have another Sausage sizzle planned on **November 1st**. We are looking for volunteers to help with this fundraising event. Help us raise even more money for clients and the foundation.

If you're interested in volunteering, for this fundraising event or any future events— please talk to Lucy at reception.

Robert MacDonald

Welcome Kiwi Rehabilitation

Kiwi Rehabilitation moved offices on the 1st February 2014. We are now at 2 Claude Brookes Drive Henderson in West Auckland with the iNRF team.

Kiwi Rehab is very excited about this move and is enjoying working alongside the iNRF team.

If you have any questions in regards to your rehabilitation equipment, we offer a full range of services. Take the time to look at our small display of some of the products available from Kiwi Rehabilitation.

As well as running a busy business, we also puppy raise for Mobility Dogs and will often have a pup or two with us in training.

Kiwi Rehabilitation Ltd is a privately held New Zealand company Kiwi Rehabilitation Ltd is a supplier of rehabilitation and mobility products to the health and aged care markets.

Graeme, the Director has 16 years' experience working with clients to individualize our products to suit their specific rehabilitation needs.

Kiwi Rehabilitation Ltd.'s team is trained to take the time to fully understand our clients' needs and work out the best solution for their requirements.

Feel free to pop in and say hello any time, we're in office 3 .

Debbie and Graeme

He Tangata, It is People!



With four different classes being demonstrated throughout the day for visitors to observe and providing an opportunity for visitors to interact and discuss our program with class participants. We are very grateful to our clients who participated in programs on the day – we know it is not easy to have people watching you in sessions – and we really appreciate your involvement and continued support of our program.

What would an open day be without lunch? Aside from the absolutely delicious food, our informal and very social lunch provided clients and family members to chat and catch up, and was invaluable for helping visitors and potential clients connect with our community and feel like they were already a part of the iNRF family.

The middle of the day involved speeches and presentations. Jan Brown welcomed everyone on behalf of our Board of Trustees, Lisa Roach spoke about why Conductive Education, and in particular why iNRF, and stroke survivor Bill Armitage made sure the event flowed as our master of ceremony. However, it was the presentations from our inspirational clients that really captured the audience. Lance Lee is a stroke survivor – he shared his journey and gave thanks to the other clients for sharing their stories over the years and giving him hope, love, and motivation. Kelly Munford shared her story about life before and since her car accident, with a strong message about sleeping before driving, and an even stronger message about the power of a positive attitude. Former client Bruce Reader told his story and talked about his work helping people find their way after life gives us a rough deal, reminding everyone that there is always a rainbow after the storm.

The open day was very successful in helping us let people know what we do. We have welcomed several new clients as a direct result of this event, and look forward to our next event scheduled for later this year.

Inna Shoshina

Art Class

We have changed the time of our art class from 10.30 - 12.30am and 1.30pm – 3.30pm

Last year there was an situation where the teacher couldn't get around to all students so this year art class was change to two classes

It was felt that a lot of art students weren't getting the attention that they require So far the change is producing better results for those that require more Tutor time

John Toole



CANOPY

Jan Brown has championed the new canopy with much dedication which has been really appreciated by ALL. Jan has secured council signoff and the trust has issued a tender to build the canopy. We are waiting tenders to be returned and should be in a position to start the build shortly, noting that the building industry is on steroids since Christmas and we have resigned ourselves to be patient, as all reputable builders are stretched and over committed.

MARCH OPEN DAY

WOW, the board has passed on our HUGE thanks to Inna for championing the Open Day which was a huge success. With 80+ attendees, our profile in our community was further raised. Based on this success, the board has agreed to hold 4 open days annually, each with a specific objective. We appreciate everyone's support on these days and our next Open Day is planned for June.

CLIENT FUND RAISING

It is with pleasure to update you all that Robert MacDonald held a fund raising BBQ at Mitre 10. Robert's mandate is to use the funds raised to assist clients who would like to attend but cannot afford to. A fund raising committee has been set up and we will announce more in the next quarter. Please contact Robert if you would like to offer your assistance in this worthy project.

QUARTER WRAP UP

Well that's all the news and I am very proud of the trust, its staff and clients. We are now realising growth in client numbers which will means growth pains in both staff and accommodation. So exciting times ahead and we will appreciate your support going forward.

Frank Pollard

News From The Manager's Desk

Hello Clients, Families, and Friends of Integrated Neurological Rehabilitation Foundation. The past few months have been delightfully busy for us here at iNRF, leading up to and following on from our very successful Open Day on March 5th. We have responded to client demand for more Conductive Education and less program breaks, and are now trialling a move away from the school term schedule. This year we will only be breaking in July and over the Christmas holiday period, offering more weeks of service to our current clients and giving us capacity to consider other services and special projects during the school holiday period.



We are very excited about a few new groups that have started over the last few months. We have introduced an ataxia group for people who are affected mostly by balance and coordination challenges. We have also introduced two new groups for young people with cerebral palsy, divided by program needs and physical ability level. We are currently looking to grow our young adult program and currently have places available for young people who would like to fine tune their walking, balance, and functional ability and independence.

We have excitedly welcomed several new clients to our programs. Once again I would like to thank each and every one of you for making it so easy for us to introduce new people into our programs. It is wonderful to watch how you encourage, support, and take new people under your wings. You are the heart and soul of this place, and your spirit allows new people to feel like they belong and relax into the business of working hard in their sessions. Thank you!

Last month we hosted conductors Judit Varadi and Zsolia Varga for a week of professional development and training. Their centre in Invercargill has been providing services for babies and young children for many years and is now branching out into adult services. We are very proud to be recognized as a leader in our field and will welcome opportunities to professionally consult with other centres and to share our knowledge and experience. We bid farewell to our general manager Darrin Brinsden in February. Though we always knew that Darrin's time with us was going to be for a short term, we were still sad to see him go. We are grateful for his time and efforts with us, and wish him well.

The social committee and the fundraising committee are recruiting client and family volunteers. Please speak to Lucy for further details. Special thanks to Lucy Markie for getting our monthly client social up and running, and to Robert MacDonald (star of our most recent Western Leader article) for your efforts to get the client based fundraising committee off of the ground and for your successful Mitre 10 BBQ. Your time and your passion are much appreciated and I look forward to seeing more from the social and fundraising committees

With my warmest regards to our wonderful clients, families, and supporters

**Lisa Gombinsky Roach,
on behalf of our rehabilitation team at iNRF**

Farwell Darrin

Kia Ora Everyone,

Thank you for giving me the opportunity to say Thank You to you all. It has been a great honour to know you and the Integrated Neurological Rehabilitation Foundation. I look back at what each of you have achieved over the time that I have been with you and am amazed at what you are still, or newly, able to do with your lives.



You taught me a lot in my time with you, about overcoming fear, reaching out and developing potential. You bared with us as we worked through some difficult transitions and settled in a different place with great staff, community, events and clients. Now it is time for me to say "see you later" and best wishes as my journey with you is complete. It is time for someone new to help the Integrated Neurological Rehabilitation Foundation on its continuing journey.

A final thought: Please continue to be generous, as you were to me, and invite someone new to experience a small part of your life. They will learn a lot, and so will you.

Ka Kite Ano,

Darrin.

News From The 'Social Club'

We have had two 'Client Social Nights', the first one was the last Friday in February and the second one was the last Thursday in March and you will be pleased to know that we have decided on the last Friday of the month as being the easiest to remember and the most convenient time will be from 6pm – 8pm. Please come along and have a fun night out.

The inaugural meeting was a fun night, we did the traditional 'kiwi – 'bring a plate' and it was a very enjoyable evening. We played Cranium which was fun once I remembered how to play it, the next time we play will be better!

Last Thursday we tried a game of 'Housie' or 'Bingo' now that was a great idea because several people had a turn at 'calling' and it was challenging and stimulating. Our next gathering will be on Thursday 24 April, between 6pm – 8pm, due to it being Anzac Day on the Friday and some of you might want to have a long weekend away. We will be playing 'Housie' once again just because we can and it was so much fun. We won a chocolate for a line and a small box of Smarties for the house which was a small treat for all the concentration that we endured. A friendly laugh with some really awesome people in a safe environment is welcome release for all of us. Don't be shy....you know you want to.....All Welcome.
Love & Light

Lucy

Open Day

We held our Open Day on the 5th of March. This even offered our local community, referring agencies, and potential clients the opportunity to learn about our unique rehabilitation programs, to meet our team and some of our

clients, and to have a look around our purpose built facility. Graeme from KiwiRehab and Kas from Independent Living Services were on hand throughout the day showcasing products designed to make life easier for people with disabilities.

On the day we proudly showcased a wide variety of our programs,